



YOUR GUIDE TO A CLEAN
Laundry Room

@freshbeginningscommunity

WELCOME,

I'm here to help!

Are you ready to take the first step toward a healthier, toxin-free (ish) life? You've come to the right place!

The laundry room is the perfect starting point for reducing harmful chemicals in your home. This guide will walk you through simple and effective changes you can make to eliminate toxins hiding in your detergents, softeners, and dryer sheets.

By the time you finish reading, you'll be equipped with all the knowledge you need to create a cleaner, healthier laundry routine. Cheers to a fresher & less toxic home!



Conventional laundry products contain harsh chemicals that severely affect our health! We are sold so many different products like detergents, soaps, softeners, brighteners, and fabric sheets. *Do we really need all of that? And what ingredients are in these products?*

These products are filled with synthetic fragrances and surfactants, toxic preservatives, phosphates, optical brighteners, and ethoxylated ingredients that have been shown to cause asthma, contact dermatitis, cancer and more.

What if I told you that there are clean non-toxic laundry options without compromising clean & soft clothes?

KEEP READING!

EXPOSURE TO LAUNDRY TOXINS

Triple Exposure

Laundry is a triple exposure product. We are being exposed to toxins from laundry products 24/7. We wear our clothes all day, we use towels, and sleep in our sheets!



01

Washer

You do laundry with detergents and softeners that contain toxic ingredients that penetrate the fibers of your clothing. The toxins are being absorbed into your bloodstream through your skin, which is your body's largest organ. Not to mention you are breathing them in all day and night!

02

Dryer

Your clothing goes into the dryer (and maybe you're adding toxic dryer sheets) and those chemicals further coat or penetrate your clothing. They are literally leaving a chemical film on your clothes to make you think they are soft. They also add the synthetic scent, which makes you think your clothes are cleaner than they really are!

03

Pollution from dryer vents

The toxins are coming out of your dryer vents and polluting the air inside your home and you are breathing them in. Those toxins then fall to your carpets and remain in your air until you have vacuumed them up.

Clean Laundry Detergents

✓ Truly Free Laundry Detergent



We have used the unscented [Truly Free](#) laundry detergent for about 2 years now and love it! It is great for a budget and eco friendly. They have so many other awesome products, including the [Dryer Angel](#) (substitute for dryer sheets)!

NOTE: *There is an ingredient in the laundry detergent that is a known skin irritant. It is not toxic, but for those that have sensitive skin, this would not be the best option for you OR try the unscented option!*

✓ Molly's Suds Powdered Detergents



[Molly's Suds Powdered Detergent](#) is the ONLY store option that meets MY clean standards. Make sure you are only using the powdered detergents, because their liquid formula contains Phenoxyethanol, which is a preservative on my ditch list. We love the unscented powder option!

✓ Thieves Laundry Soap



We really love Thieves! [Thieves Laundry Soap](#) is highly concentrated, so you'll get amazingly clean clothes and spend a fraction of what other laundry detergents cost. This is the most luxurious detergent. KEEP SCROLLING TO FIND MORE RECIPES WITH THIEVES!

Other clean options

[Eco-Me Laundry](#)

[Meliora Laundry Powder & Refill](#)

[Koala Eco Liquid Laundry Soap](#)

[Humble Suds Laundry Soap](#)

[Attitude Laundry Soap](#)

[\(Essential oil or Unscented\)](#)

[Fit Organic Free & Clear](#)

[Earthley Wellness-USE CHOOSENATURAL](#)

Thieves Recipes

Thieves Laundry Soap is highly concentrated and by diluting it in a pumper bottle with water, some essential oils of choice for scent and adding in the Thieves House Hold Cleaner, it's a truly clean laundry wash that is cost effective! Here are some of my favorite recipes to make with Thieves.

FABRIC SOFTENER #1

In a 32 oz pump bottle, mix 1 part water and 1 part distilled white vinegar and 20 drops of lavender essential oil. Use 4-6 pumps per load in the fabric softener section of your washing machine.

FABRIC SOFTENER #2

In a 32 oz pump bottle, combine 1 cup toxin-free hair conditioner, 1.5 cups white vinegar, and 3 cups warm water. Mix well. Use 4-6 pumps in the fabric softener section of your washing machine.



[ORDER IT HERE!](#)
[SHAREYL FOR 10% OFF](#)

SCENT BOOSTER

Add 1 & 1/2 cup Epson salt and 1/2 cup baking soda in a glass jar. Add 30 drops of your favorite essential oil and mix. Add 1/4 cup scoop to the washer for each load.

LAUNDRY SOAP

In a 32 oz pump bottle, fill 1/2 of the bottle with Thieves Laundry Soap, add 6 caps of [Thieves Household Cleaner](#). Fill with warm water and 20 drops of essential oil of choice for scent. Use 4 pumps per load of laundry

DRYER BALL SPRAY

In a 4 oz spray bottle, add tbspc witch hazel and 20 drops of your essential oil of choice. Shake and spray on dryer balls before placing them in the dryer. [Purification](#) is my favorite for this!

Homemade Laundry Soap

Don't have access to the options above or want to make your own to save money? I got you!

INGREDIENTS

4.5 ounces shaved bar soap (I like [Thieves](#) or [Dr. Bronner's soap bars](#))
14 ounces borax
14 ounces washing soda

DIRECTIONS

Thoroughly stir together for several minutes and enjoy the results!

You can take this a step further and blend the mixture in a blender or food processor to create a powder that will dissolve easily even in cold water. (Just be sure to let the dust settle before removing the lid of your blender or food processor so you don't inhale the fine particles.)

Store in a sealed container with a small scoop.

Each batch yields approximately 32 ounces (between 32-64 loads based on how many Tbsp used per load).

Use 1 Tbsp per small load (or 2-3 Tbsp for large or heavily soiled loads).



How do I get rid of static?

FUN FACT! You DO NOT need toxic dryer sheets to get rid of static in your clothes. Static is created after your clothes are dry and they continue to dry. The best thing to do is figure out the timing when your clothes dry and stop it before static forms (may take some time to test). Dryer balls are also great for eliminating static (about 3-5 balls at a time, because they lower the dryer time by creating space for your clothes. You can use dryer balls with essential oils or Pure ECO Sheets.

P.S You also don't need laundry softener! If you are using a clean laundry detergent that does not contain harsh chemicals, your clothes will last longer and feel softer. Honestly, softener is just another marketing scam. It IS NOT NEEDED. You can just add a 1/2 cup of vinegar in the softener section of your washer to give it more softening/ cleaning power and extra good scent.

CHECK OUT RECIPES BELOW!

LAUNDRY STRIPPING: This is an overnight deep soak in your bathtub in hot water with washing soda and plant based cleaning agents to remove buildup of chemicals and oils and then you wash it. This helps soften your clothes and is great for when you bring home thrifted or hand-me-down clothes that have a strong scent! This is something we could all do every 6 months to refresh our clothes.



EXTRA LAUNDRY PRODUCTS

Oxygen boosters

Stain Remover

Essential Oils

Dry Balls

RESEARCH

Fragrance Pollution from Laundry

Broad Safety Overview

Respiratory Toxicity from Fabric Softeners

What Are Phosphates?

Alga Blooms 101

Toxicity of Optical Brighteners

IT'S TIME FOR A FRESH BEGINNING

I hope this was helpful as you start to detox your laundry room! Remember that living a less toxic life takes time and should not cause stress! I am here to help at any point in your journey! Feel free to message me on Instagram or send me an email with any questions! You got this!

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